

## Chow Mein, Chicken Wings and Cheese Burgers: Chinese restaurant history on exhibit

唐人街書店舉辦  
羅德島中餐館圖展



'Chow Mein, Chicken Wings and Cheese Burgers' presents the history of Providence's Chinese restaurants in photos and text. (Photo by Kaili Xu) / 參觀者欣賞圖片展。 (徐凱俐攝)

By Kyle Chayka

On view in a corner of the Chinatown Storefront Library is a personal history of Chinese restaurants in Providence. Yellowed photographs, old menus and newspaper clippings are collected under a series of glassed frames, the disparate pieces telling the story of the beginning of Chinese immigration into the United States and the beginning of the American obsession with Chinese food.

Entitled 'Chow Mein, Chicken Wings and Cheese Burgers: Revisiting Downcity Chinese Restaurants', the exhibition presents a telling portrait of Chinese influence on American culture as well as America's impact on its Chinese immigrants.

Organized by Amy Johnson and Heather Lee of Brown University in Providence, Rhode Island, the exhibition was first mounted in conjunction with a conference, "Eating Chinese: Comestibles, Cuisine, Commerce, and Culture", held in April 2009. The conference, sponsored by

Brown University and Johnson & Wales, provided support for Heather to contact and interview some of Providence's historic Chinese restaurant families, families who had opened Chinese restaurants in Providence following their immigration to the United States.

The earliest Chinese enclave in Providence formed around the Downcity area, across the harbor from Brown University and extending west of downtown Providence. Today, this historic district is the center of Providence's dining scene, but in the early to mid 1950s, Downcity's Westminster Street provided a home to the city's first Chinese restaurants.

Amy Johnson joined the exhibition project in December of 2008 and worked with Lee to interview the Tows, Lukes and Chins, three families who opened these pioneering restaurants. The first panel of the exhibition documents the new businesses with photos, showing the opening of the Mee Hong Restaurant in 1938 by the Chin family and the Ming Garden by the Tow family in 1941. In 1951, Tin Cheung Luke and his

son Henry opened Luke's Restaurant.

The photographs are nostalgic reminders of what must have been an exciting and terrifying time for the families involved. Having immigrated into a new country, the new restaurateurs used their culture and background to provide a livelihood for their families.

The opening of Chinese restaurants in Providence was part of a larger trend that began in California. Chinese immigrants first came to the state in the mid-1800s, attracted by the opportunities of the Gold Rush and in search of work. Restricted by immigration laws, many Chinese men came alone to the new country. Their nostalgia for their homeland and lack of a family support network drove demand for Chinese restaurants. The early restaurants catered mainly to Chinese workers but became popular for adventurous locals as well.

After the repealing of the

CONTINUED PAGE 6

【本報記者徐凱俐報導】眼前一幅幅古舊的照片和圖案，時日已久，卻又似曾相識。觀賞者的思緒被唐人街店面圖書館舉辦的羅德島老華裔餐館展示由現在拉回到了過去。眼前看著的雖然是三間餐館的故事，但又讓人不禁聯想各自的家庭、先輩們的打拼和記憶中母親烹飪的可口佳餚。

12月9日週三傍晚，一場名為「炒麵、雞翅、芝士包」的展覽在唐人街店面圖書館拉開帷幕。此次圖片展將人們帶回了二戰後至八十年代間普洛威頓斯市中心中餐館的全盛期。該展覽著重向參觀者介紹了三所當時的餐廳，它們分別為明園(Ming Garden)、美香(Mee Hong)和寶鼎餐廳(Luke's Inn)，將眾人引入當地的中國飲食和文化世界。此展早前在羅德島強森威爾士大學(Johnson & Wales University)廚藝博物館舉辦，紐英崙華人歷史協會將其帶到了波士頓，與麻州市民共襄盛舉。週三的開幕儀式吸引了約三十人參加，與組織者分享他們對中華美食和飯店的喜好。

此展覽的聯合負責人之一布朗大學研究生李芸芸表示，她在與布朗大學種族及民族研究中心的訪問學者伍其暖共同為飲食會議工作時，受到啟發，意識到人們對本土歷史，尤其是飲食文化史，一定興趣滿滿。於是，她與拍檔，同是布朗大學亞裔研究生的Amy Johnson，以少數族裔飲食這一更有趣的主題，共花約一年半的時間探訪三家中餐館擁有者的家族及朋友、收集物件以籌備展覽。李芸芸表示這三家飯店受當地居民愛戴，無疑是人們回憶中不可或缺一部份的景象。華裔飲食文化的發展也是華裔移民歷史的一面反光鏡，從一個不一般卻又極其尋常的角度講述了先輩在美國生活、紮根的動人故事。

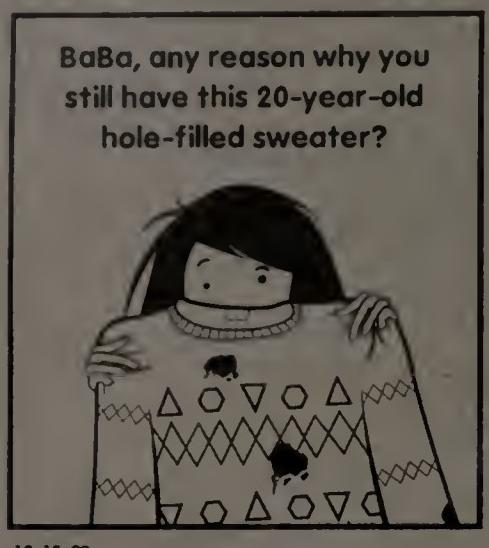
Johnson也說，受訪的家庭都為被社區肯定而感到驕傲。雖然三家中餐館在二次世界大戰之後，風光一時，但如今這些家庭成員中除有少數旁系親友外都沒有後人繼承餐飲事業。Johnson將其解讀為飯店繁榮的生意為這些家庭帶去十分豐厚的經濟背景，因此這些後人都依照各自的興趣

(反面中文第三版續)

## Comic

## ah-Lin!

by Lillian Chan



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## Announcements

## CHINATOWN

**Chinese Progressive Association presents Insert: Collaborations**

**WHEN:** December 17, 2009 through February 26, 2010

**WHERE:** W/Y Gallery at Chinese Progressive Association One Nassau Street, Unit 2, Boston, MA 02111.

For more information, please call 617.357.4499 or e-mail [wygallery@gmail.com](mailto:wygallery@gmail.com).

This series of photographs documents the collaborative process between art, design and community. The Storefront Library is a temporary library for a community in Boston which has been without its own branch of the Boston Public Library since it was closed and demolished as part of the Central Artery construction in 1956. The Department of Micro-Urbanism co-produced this project with Boston Street Lab, in collaboration with the Friends of the Chinatown Library.

## Chinatown Storefront Library

The Library offers story hours, author workshops, nature programs, and more.

Address: 640 Washington Street, (between Essex and Beach Streets), Boston, MA 02111.

Regular Hours starting Thursday October 15, through January 17, 2010:

Tuesday - Friday 8:00-10:00 a.m. and 4:00-7:00 p.m.

Saturday 10:00 a.m. - 5:00 p.m.

More information and schedule of events: [www.storefrontlibrary.org](http://www.storefrontlibrary.org) or call (617) 275-8117.

## Sign up for BCNC Youth Swim Team

Boston Chinatown Neighborhood Center (BCNC) Youth Swim Team - Open to boys & girls 6 - 15 years old. Ongoing registration & swim practices: Tuesday & Thursday 6:00-7:45 PM at the Boston Chinatown Neighborhood Center, 885 Washington St, Chinatown. Contact Andrew Murray or Jason Morrison at 617-635-5129, [swim.team@bcnc.net](mailto:swim.team@bcnc.net) for more information.

## Chinese Gamblers' Self help group meeting

The meeting will take place at noon, Monday, January 4 in

## STUDENTS

## International student article scholarship competition

The American International Education Foundation (AIEF) is pleased to announce its Annual International Student Article Scholarship Competition for international undergraduate and graduate students who are studying full-time at a U.S. college or university.

## Article requirements:

The article must be written by an international student enrolled full-time at a U.S. college or university, either at the undergraduate or graduate level. Articles should vividly describe the international student's experiences and activities at a U.S. higher education institution. Tips on campus life or working experiences are particularly welcome. Articles may range from 400-800 words, and 2 to 3 high-resolution photos with captions to illustrate the article are also required.

Scholarship awards ranging from \$200 to \$500 will be awarded to the authors of the winning articles. The articles submitted will be reviewed and chosen by the UScampus Guide editorial staff for printing in UScampus Guide, a publication of the American International Education Foundation (AIEF). The selection process for determining the winning articles includes an evaluation by the editorial staff of UScampus Guide as well as input from readers.

In order to be considered for publication in the Spring 2010 edition of the UScampus Guide, articles with

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JANUARY 1,

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## APAICS announces 2010 summer internship program

The Asian Pacific American Institute for Congressional Studies (APAICS) will be accepting applications for its 2010 undergraduate Summer Internship Program starting in December. The application form is available at [www.apaics.org](http://www.apaics.org) and must be submitted by January 31, 2010. There will be no extensions.

Each year, APAICS selects undergraduate students for a first-hand learning experience in American politics and policy making. Interns work in congressional offices, federal agencies, or non-profit organizations in Washington, D.C. Only undergraduates and those graduating in the Spring of 2010 are eligible. Applications can be downloaded from the APAICS' website ([apaics.org](http://apaics.org)) or email [apaics@apaics.org](mailto:apaics@apaics.org) for more information.

## DOCKET CLERK

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## SAMPA

A Publication of the AAC

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## Chinatown News

**Hostelling International Boston to move to Chinatown**

Hostelling International Boston is currently located at 12 Hemenway Street in Fenway. (Photo taken from Hostelling International website)

By Kaili Xu

A youth hostel that hosts thousands of visitors is planning to move to Chinatown in about two years. Its executives presented the project to the Chinatown Safety Committee at a monthly meeting on December 2. This safe, vibrant and welcoming 24 hour-a-day facility is expected to spur the tourist industry by promoting sustainable cultural interaction and social change.

Hostelling International Boston has recently entered into an agreement to purchase the 55,000-square-foot structure at 25 Stuart Street to meet the increasing level of demand for accommodation, especially during the peak summer season. The hostel is planning to expand its number of beds more than 80 percent, from 205 to 375 to serve 45,000 guests annually.

Deborah Ruhe, executive director of Hostelling International's hostels and programs in New England said that the existing Boston hostel, located at 12 Hemenway Street is already at full capacity. This hostel operates at 98% occupancy and provides affordable accommodations for up to 208 guest per day. Since 1995, the Boston hostel has seen a 60 percent increase in beds rented out, with around 65 percent of the hostel's 32,000 guests who stay coming from abroad. At \$32 to \$45 a night, the Boston hostel is a more affordable - albeit less private - option. The hostel offers dormitory-style accommodations with rooms typically holding six beds to travelers.

The hostel provides clean, safe and affordable travel to millions of people

from all walks of life. Ruhe said there is no age limit as to who can stay in the hostel, but the average age of guests is between the ages of 18 to 25. According to the executives, guests usually stay for two to four days.

Ruhe also said, "We have strict rules about who can stay and how long they can stay. They can't stay longer than 14 days in a year because a hostel is tended to be for travelers, not for residents. We also have no alcohol allowed on our facility, and we have a great track record in terms of safety security."

She said the hostel provides onsite security and enforces "quiet hours" after 10 at night.

"Anyone who behaves in a way that would impact the common good is asked to leave immediately," said Bob Sylvia, general manager at Hostelling International Boston.

Plans at the new site include a complete structural renovation creating a brand new, state-of-the-art facility whose related costs will infuse between \$21 million to \$33 million into the local economy, along with 355 to 555 project-supported jobs, with an emphasized preference on local hiring. It will also greatly benefit all local businesses with both guests and staff taking advantage of the neighborhood's restaurants, business and shops. According to a study by Suffolk University, the youth hostel's 32,800 guests in 2007 pumped about \$12.5 million into the local economy. The expanded capacity is anticipated to increase direct spending from \$12 million to \$16 million annually in expenditures.

The new facility will work with neighborhood

residents to make its new facility available for hosting community meetings, showing family oriented films, and for other community-based events.

Ruhe said a Chinatown tour may be an activity the hostel has as its staff provides the unique service of itinerary planning for individuals and groups, incorporating cultural and educational activities to demonstrate the region's rich history, the value of travel and hostellers' own cultural identity within the global community.

After the proposal of the hostel, Captain Bernard O'Rourke at District A1 of the Boston Police Department presented the most updated crime numbers in Chinatown last month. In the past month, a total of 28 crimes were reported to the Boston Police Department, down from 29 in both September and October. There was no homicide in November, but Chinatown's robberies inched up slightly to four. There were 17 larcenies, 1 sexual assault and 1 auto theft.

At the end of the meeting, Karen Gately, executive director of the Wang YMCA in Chinatown, introduced the free adult swim lessons. If people become a new adult member before December 18, they can enroll in a free session of adult swim lessons or Masters swim club during January and February.

The next Chinatown Safety Committee is scheduled on January 6, 2010.

Kaili Xu is a Sampan correspondent.

**CCBA elects its new president**

Wingkay Leung (right) was recently elected to be the next CCBA president. (Photo by Samuel Tsoi)

By Samuel Tsoi

At a recent meeting of the Chinese Consolidated Benevolent Association of New England (CCBA), board members ratified election results for new leadership. Wingkay Leung, the CCBA's current treasurer, was elected to lead the association in 2010.

The outgoing president Gilbert Ho continued the meeting by reviewing the annual budget, which saw a slight dip in revenue from events such as the August Moon Festival.

Discrepancies in the budget document, which was presented in the meeting, raised concerns for one member. Ho assured the integrity of the budget by pointing out a minor numerical error, which had already been addressed by the accountants.

CCBA's budgetary matters have been contentious at times because of its various forms of revenue, involvements and non-profit status.

As one of Chinatown's oldest associations, CCBA manages several properties. Most notably, it owns

the C-Mart Supermarket on Washington Street and the former Kwong Kow school building on 90 Tyler Street, which currently houses a variety of cultural programs such as table tennis clubs and Chinese dance troupes, as well as tutoring, Mandarin and computer classes.

Over the past two years, Wingkay Leung has managed CCBA's finances by balancing previously inherited lines of credit, legal fees, the recent back rent paid by Super 88 - before

**CONTINUED PAGE 4**

**COMMUNITY YOUTH VOICE** provides a section in the SAMPA newspaper as an outlet for youth and young adults to voice their concerns within the community, celebrate artistic expression, and share personal stories through various creative medias such as journalism, arts, poetry, and painting.



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## FROM PAGE 3 CCBA

their insolvency, and negotiated a new lease with C-Mart Supermarket

CCBA officers also acknowledged the members of CCBA and other residents who have continued to keep the Crime Watch program running. "There are patrollers out there every night, rain or shine," Ho said.

One of the patrollers is Leung, the next CCBA president. He has been serving on the Crime Watch team since 2005, when he was on the Chinatown Neighborhood Council.

In his 15 years of involvement in Chinatown, Leung previously oversaw Que Shing Chinese Music & Opera Group, which is a non-profit that receives grants from the Chinatown Trust Fund to put on Chinese Opera performances for the Chinese community and especially for senior citizens.

Leung is also a member of the Chinatown Gateway Coalition, the Chinatown Park Art Project Planning Committee, and was elected to the Chinatown Master Plan 2010 Committee.

"Let us work together to manage our properties well, serve the residents of Chinatown and represent the interests of New England's Chinese population," Leung said in Cantonese.

The installation ceremony of CCBA's new president will be held at 90 Tyler Street on January 2, 2010 at noon.

*Samuel Tsoi is a Sampan correspondent.*

## Op-Ed

## After low turnout, Coakley and Brown will contend for US Senate

By Samuel Tsoi

It was 7:30PM on December 8, and the polls for the US Senate primary were drawing to a close. Supporters for Michael Capuano and Alan Khazei began to put away their signs in front of Chinatown's polling place at the Metropolitan building.

So far, only 565 ballots were cast. In last month's election for Boston's city council and mayor, 941 ballots were cast in this precinct.

Despite the poor turnout, this primary was by no means

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insignificant. Election of one of two US Senate seats, which occurs every six years and had been virtually uncontested through Kennedy's 47 years of service, is of national and international significance.

Poll workers at the Chinatown precinct noticed a relatively slow election day. For those who had cast a vote in the primary, there was very little familiarity of the candidates. "We had to remind them of how the names are pronounced and the order of the names on the ballot" one poll worker said, pointing also to the unavailability of bilingual ballots.

The low turnout was also seen across the state. Secretary of State William Galvin speculated that the election was not drawing independents, but people from the Democratic and Republican parties.

In Boston, only 17 percent of registered voters cast ballots for the primary (63,495 out of 358,105).

Michael Capuano, who represents the 8th congressional district, which includes Chinatown, won Boston with 40 percent of votes. He won in a landslide in his hometown, Somerville.

At the end of the night, Boston and Somerville were not enough for Capuano. Attorney General Martha Coakley won with wide margins across most communities and captured 47 percent of all Democratic ballots.

Coakley then gave her acceptance speech alongside Massachusetts political heavyweights such as Senator John Kerry, Governor Deval Patrick and State Senate President Therese Murray.

Coakley, 56, became the first woman nominated by a major party for the US Senate in Massachusetts, and could become the first female senator to represent Massachusetts.

City Year co-founder Alan Khazei, who was unknown to most Massachusetts voters, garnered 13 percent of votes through his "big citizenship" vision and grassroots-driven movement, a campaign that mirrored that of Deval Patrick and Barack Obama.

The other newcomer and Celtics co-owner Stephen Pagliuca received 12 percent. In the short three-month campaign, Pagliuca spent \$9 million of his own money, promising job creation and sound financial management if elected. All three former rivals are now expected to endorse Coakley.

For the special election on January 19th, Coakley will face State Senator Scott P. Brown. The Republican veteran from Wrentham easily won the nomination against his primary opponent Jack E. Robinson (89 vs. 11 percent), and will shift the gears of the race as Coakley braces for Brown's critiques of the Democratic Party's national agenda.

Brown, 50, is unknown to most voters in Massachusetts. He is, however, determined in his bid to take over a heavily Democratic state to fill the seat formerly held by the "Liberal Lion."

As much as Coakley represents the Democratic platform via her strong advocacy for low- and middle-income families, regulation of banks and reproductive rights, Brown is a standard-bearer for Republican principles such as lowering taxes, assertive national security and fiscal conservatism.

Throughout his legislative experience, Brown has developed a consistent and clear voice - as he often represents a minority voice in the State Senate, where Democrats outnumber Republicans 35 to 5.

"None of Coakley's proposals on healthcare or positions on illegal immigrants will save taxpayers any money," Brown stressed immediately after his victory.

On immigration reform, Brown believes government should not adopt policies that encourage illegal immigration. "Providing driver's licenses and in-state tuition to illegal immigrant families will act as a magnet in drawing more people here in violation of the law and it will impose new costs on taxpayers," he said on his campaign website.

Brown also opposes amnesty, supports strong border enforcement and an employment verification system with penalties for companies that hire illegal immigrants.

"As Attorney General, I have gone after the companies that have exploited workers," Coakley said. She believes those who enter the country illegally and employers who take advantage of them ought to face penalties, but supports a "pathway to citizenship" for those who have been in the United States for

years, abiding by the law, paying taxes and contributing to society. "Reform in this area is long past due," Coakley adds.

Compared to the primaries, the two contenders have more significant policy disagreements ranging from energy, how to fix the economy, gay marriage, gun rights, abortion and the recent decision by President Obama to extend 30,000 troops to Afghanistan.

Historical policies on financial regulation, economic recovery and health care reform are already underway. The winner of the January 19 special election will join Senator John Kerry in representing Massachusetts during this crucial session in Congress.

In the remaining two years of the six-year term, either Coakley or Brown will hold the power and responsibility to steer federal resources to Massachusetts. Most important, the new senator will have considerable influence in shaping the nation's future in education, foreign policy, immigration reform, military engagements and climate change.

### Youth

## Your promise

By Mabel Lee

Shania let her hand slide over the smooth textured pole of the bridge. She felt the small cracks where paint used to be. Now, there was just cracked peeling paint coming off the rails of the bridge. After catching her breath for a few minutes, she looked up bewildered. She couldn't understand why she had run up to this place. Shania was jogging lightly, desperately trying to flee from the destructive mess of a place she called home, and somehow she ended up here.

Here, where the hub of Boston met the opening of Cambridge, she could see it all. She saw the Boston skyline, gleaming down at her from above. The sparkling, brilliant lights shone in a haughty way, as if expressing that none could overpower its brilliant glow of Boston. The immensely visible crescent moon, however, shone even brighter than above the

skyline, as if to refute its point. The nearly dark night sky was not yet filled with stars. The vast Charles River spread out in front of her, as if engulfing the whole of Boston. She stared down at the Charles, and saw a deep abyss of nothingness. She saw the bright Citgo sign behind her with the blinking triangle moving in and out.

Shaken out of her daze, she suddenly looked around and saw two people approaching her. One was a middle aged man, sporting an oversized trench coat and wearing a stern expression on his face. There were creases near his eyes and he seemed like a man who hardly smiled, one who continuously focused on his work. The other was a young male who seemed to be in his early 20s. He was riding a bicycle as if his life depended on it. Rushing past her, the man startled Shania so much that she jumped back half a step with a big yelp. She watched him disappear just as quickly as he had come.

Furtively looking around once more, Shania ran back to the beginning of the bridge. Then, she walked the equivalent of exactly 32 steps before she found what she was looking for. The tires and honks of the fast moving cars were heard all around her. She was also able to hear the roar of the Red Sox fans as the late night baseball game was still going on. She ignored the sounds and looked at the ground. Two footprints were imbedded into the cement. She smiled to herself, and then quickly wiped that smile from her face. She stood up abruptly and ran back towards Boston. She promised she would forget about it. All of it.

She ran faster as far as her legs would take her. She ran past the smells of the delectable Indian cuisines lined up on Newbury Street. She ignored the grumbles of her stomach as she sniffed the warm fresh oven baked goodness of the pizza from the still-open pizza businesses. She was filled with hunger; it gripped her tightly and wrapped around her like a snake. She desired food, wanted food, needed food, but she kept

running; she pushed her legs to the limit as they screamed for mercy. They begged to be let free from the pain. Hot tears came swirling down. She tasted them on her lips, the salty freshness of her tears. It reminded her of the time they buried Florida, her favorite dog, who was her running companion every evening until she died. That day, her tears were uncontrollable. She shook violently until her eyes would stop flooding. Today, however, it was different.

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## FROM PAGE 4 PROMISE

The tears tasted bitter, full of immense dreariness and abandonment. It was not meant to be, she kept telling herself. Yet, her knees quivered, her lips twitched until she broke down, bawling her eyes out.

She remembered that day, that day when she last spoke to him. They were separated by their differences. Their parting ways had forced her to tears. He had decided to join the army and she decided to stay in Boston and live her life here. Their paths were separated leaving a fork in the road. Shania felt so lost without him, so lonely. He was her guiding light, brighter than that of any skyline, and when he left, she was engulfed in darkness; she was virtually blind without him. They had promised. He had promised. He promised to come back for her, yet it had already been 3 years. The only evidence of his promise was the imprint of their footprints in the cement on the bridge crossing over to the town of Cambridge. It should have been forever engraved into their hearts, into their minds, yet the promise seemed to quickly fade away. She cursed it. She cursed those wretched footprints. She despised the footprints for lying, for

giving her hope that the promise might come true by creating a permanent mark, yet it was never coming true. She knew it herself.

Around her, passersby started glancing at her. They couldn't understand why she suddenly dropped down on the ground screaming to herself. One old lady tried to help her up, but Shania insisted she was fine. A few minutes later, she had control of her body once more. Quickly wiping the tears from her eyes, she knew exactly what she was going to do next. Shania ran back, all the way back to the bridge. She stood at the exact same spot where she was before and placed her foot on top of the footprint that belonged to her when she was 18. Bending down, Shania looked at the difference. Her footprint now was a lot larger than the one she created at 18. She smiled to herself, slowly the edges of her lips moving up slightly. Then, suddenly, she broke out in hysterical laughter, surprising every pedestrian around her. Shania laughed long and hard that day. She laughed until she could laugh no more.

She laughed until hot tears started forming in her eyes again.

## Health

## FROM 12/04 PAGE 5

Also, it is extra important to get a flu shot if you live with or take care of:

- Children younger than 5 years old
- People 50 years of age or older
- Pregnant women
- People with certain health problems

Pneumonia can be a serious side effect of the flu. Ask your doctor if you also should get a pneumonia shot.

How to take care of someone with the flu:

When someone has the flu they feel very sick and tired. They feel achy, have a fever, and may get dehydrated. Here are signs and symptoms you can look for, and ways you can help someone feel better.

Fever is a common symptom of the flu. It can come on suddenly and last for 3 to 5 days.

• A fever is a higher body temperature than normal. It is measured using a thermometer.

• Temperatures can be measured by:

- Rectum (bottom)
- Ear
- Mouth
- Armpit

• Talk to your doctor about the different types of thermometers you can use, and which one will work best for you and

## Flu: What you can do Caring for people at home

your family members.

- Digital thermometers are much safer than glass. Glass thermometers can break easily, and the mercury in them is very dangerous.

Dehydration can happen when you lose more water than you take in. You lose water when you sweat and even when you breathe. If you do not drink enough, or if you have a fever, diarrhea or vomiting, you can become dehydrated. Dehydration can be a serious problem – especially for small children, the elderly, and people with some illnesses.

Common symptoms of dehydration are:

- Feeling thirsty
- Having a dry mouth
- Peeing less than usual
- Pee that looks darker than usual
- Dizziness
- Headache

To prevent dehydration:

- Drink plenty of fluids like:
- Water
- Fruit or vegetable juices
- Soups (chicken soup) and broths
- Gatorade® (or store brand) for adults
- Pedialyte® (or

store brand) for kids

- Don't drink caffeine or alcohol.
- Keep drinks the sick person likes close to them so that they can take small sips often.
- Continue breastfeeding a child who is nursing.

Body aches are also symptoms of the flu. It is normal for a person with the flu to feel weak, tired, and achy. It is also normal to have a headache, a sore throat, dry cough, or a stuffy nose.

To help reduce their body aches, headaches, and tiredness you may want to:

- Give them medicine. The same medicine you give them for a fever will also help with their other symptoms.
- Help change their position in bed when they are awake.
- Help them get out of bed to take a short walk around the room (only 2 or 3 times each day).
- Make sure it's quiet and calm so they can rest and relax.

To help with a stuffy nose, sore throat, and dry cough you may want to:

- Use a clean cool-mist humidifier or steam from a hot shower or bath. This helps keep the nose and throat moist.
- Ask anyone who

smokes not to smoke in the house.

- Use breathing strips for people having trouble breathing through their nose. Be sure to follow package instructions.
- Use a saline spray or saltwater rinse in the nose. Only do this for older children and adults.

• Have them sit up or keep their head raised to help reduce stuffiness. Crib mattresses and children's beds also can be raised slightly.

• Gargle with salt water several times a day to help reduce a sore throat or cough. To make salt water, mix ½ teaspoon of salt in 8 ounces of water.

Call a doctor if someone:

- Has a fever that lasts more than 3 days
- Has a fever or cough that goes away for 24 hours or more and then returns
- Has a fever with:
- a stiff neck
- a very bad headache
- a severe sore throat

Information provided by Massachusetts Office of Health and Human Services.

*Article funded through the Asian Health Initiative of Tufts Medical Center*

## YMCA International Learning Center

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靠近地鐵綠線和橙線，並且有公交車抵達。

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星期一~星期四 9:00AM~7:00PM

星期五 9:00AM~3:00PM

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聯繫人：Ana或Carmen 或 Ling

聯繫方式：617-927-8244

Email: ckyriakakis@ymcaboston.org

or wong2010@gmail.com

**LEGAL NOTICE**  
**TOWN OF ARLINGTON**

法律聲明  
阿靈頓鎮

**COMMUNITY DEVELOPMENT BLOCK GRANT  
PROGRAM PUBLIC HEARING**  
社區發展整體補助金計畫公開聽證會

Pursuant to Title I of the Housing and Community Development Act of 1974, as amended, and the regulations formulated thereunder, notice is hereby given that the Town of Arlington, acting through the Town Manager and the Board of Selectmen, will hold a Public Hearing on the Community Development Block Grant Program (CDBG). The purpose of this hearing is to receive proposals for funds for our CDBG Program Year 36 (July 1, 2010 - June 30, 2011).

Said hearing will be held at 7:30 P.M., MONDAY, January 11, 2010, IN THE SELECTMEN'S MEETING ROOM ON THE SECOND FLOOR OF THE ROBBINS MEMORIAL TOWN HALL, 730 MASSACHUSETTS AVENUE, ARLINGTON, MASSACHUSETTS. ALL APPLICATIONS MUST BE RECEIVED BEFORE THE CLOSE OF THE HEARING.

The Town expects to receive approximately \$1,300,000 in Community Development Block Grant (CDBG) funds from the U.S. Department of Housing and Urban Development for CDBG Program Year 36. There is a HUD requirement that all funded programs must principally benefit persons of low and moderate income; aid in the prevention of slums and blight; or meet other urgent community development needs that pose a threat to the health or welfare of the community. For further information and technical assistance in determining eligibility of proposed programs and in preparing proposals for funding, please contact the Department of Planning and Community Development, 730 Massachusetts Avenue, Arlington, Massachusetts 02476, at (781) 316-3090.

Proposals for the use of funds must be submitted in writing. Applicants should provide twelve (12) copies of each proposal to be presented at the public hearing.

The Selectmen's Meeting Room is accessible for the mobility impaired. If you require other assistance in obtaining access to the hearing, or to the materials to be presented, please contact the Arlington Commission on Disabilities office at (781) 316-3431 during business hours.

Brian Sullivan  
Town Manager

根據第一章的租屋和社區發展法，1974 年修定，據此制定規章，通知現鑑於阿靈頓鎮，透過城鎮管理者和徵選委員會，將舉行「社區發展聯邦地方政府的綜合補助款計畫(CDBG)」公開聽證會。此目的是接受此一 36 年期(2010 年 7 月 1 日- 2011 年 6 月 30 日) 綜合補助款計畫(CDBG) 的提案。

此聽證會將於 2010 年 1 月 11 日星期一晚間 7 點 30 分 在徵選委員會議室二樓羅賓斯紀念大會堂舉行，麻州阿靈頓鎮 730 麻州大道，(Robbins Memorial Town Hall, 730 Massachusetts Avenue, Arlington, MA)。所有申請提案必須在聽證會結束前送達徵選委員會。

阿靈頓鎮預計將從美國租屋和城市發展 36 年期補助金計畫(CDBG)中獲得約美金一百三十萬元補助款。此外根據 HUD 要求 所有的補助金計畫的主要受益人要包含中、低收入戶；此舉有助於防止近貧或疾病；或滿足其他迫切的社區發展需要，其可能帶給社區的健康狀態或福利形成一致命威脅。如需更進一步的消息和資訊協助關於決定提案資格和提案準備工作，請聯絡社區發展計畫部門 730 麻州大道 阿靈頓鎮 麻州 02476 (Community Development, 730 Massachusetts Avenue, Arlington, MA 02476) 或電(781)316-3090。

補助款申請提案必需以書面形式提交，申請者對於每一個提案應提供 12 份副本展示於公開聽證會。

徵選委員會議室實便於行動障礙者。如果你需要其他協助出席聽證會，或準備提案報告的書面資料，請在正常上班時間撥打阿靈頓鎮殘障人員委員會辦事處(Arlington Commission on Disabilities)專線：(781)316-3431。

Brian Sullivan  
城鎮管理員

## Chinatown News

FROM PAGE 1 RESTAURANT



Luke's Inn's former look. (Photo by Kaili Xu)

Chinese Exclusion Act in 1943, relaxed restrictions on Chinese immigration to the United States allowed more families into the country. The trend of Chinese restaurants gradually spread to the eastern United States as destinations and opportunities for migrants grew wider.

One panel in the exhibition shows a 1962 letter to Mr. Yat Tow of the Ming Garden from Claiborne Pell, a Providence State Senator, explaining his stance on expanding immigration policies for refugees from Communist China. Tow was one of the first Chinese immigrants in Providence to

apply for U.S. citizenship.

'Chow Mein, Chicken Wings and Cheese Burgers' explores the history of Chinese restaurants in Providence from several angles. Emphasizing the experience of Chinese families split up by migration, solidified by entrepreneurship and challenged to adapt to a new culture, the exhibit does not shy away from the complexities of Chinese restaurateur life.

Another panel in the exhibition is devoted to the role women played in this family restaurant boom. "Many wives were involved in the daily op-

erations of the restaurant," write the curators, "juggling the responsibilities of the restaurant and the home." The panel features photographs of Lily Tow of Ming Garden and Anna Luke at Luke's Restaurant.

"[We] worked together to present local history and Chinese food history together," says curator Heather Lee. "We wanted the families to share their histories and we wanted to help them do it." Lee explains that this process of exhibition making, working with the families to gather and organize the show's material, is "collaborative," a way to give



A vintage menu from the 1960s demonstrating how to correctly use chopsticks. (Photo by Kyle Chayka)

"power and voice to the people who are the subject of the exhibit."

This exhibition is a way not only to preserve some of the unique histories and stories of these Providence Chinese families, but also to communicate the stories to others in an accessible way. Co-curator Amy Johnson says that the goal of the exhibition is "to share these families' stories with the Boston Chinatown community," in the hopes that seeing the history on display will spark new conversations among Boston locals about Chinese-American culture, family and community memory.

The final panel of the exhibition presents the most colorful, up to date photographs of the bunch. It's a surprising jump from

the rest, moving from faded black and white and yellow photographs of restaurants to vibrant backyards and banquet rooms. Yet the panel's title belies its liveliness: "Closing Time." Like all corners of history, the story of Providence's early Chinese restaurants has to end somewhere.

As tastes changed and the economy of Downcity Providence deteriorated, these three Chinese restaurants gradually closed; Luke's and Mee Hong in the late 1970s and Ming Garden in the mid 1980s. The collected family portraits above the text, then, are both a memory of individuals and the memory of a culture and a community.

Despite the fact that many second and third

generation Chinese Americans in Providence are no longer restaurateurs, they still "celebrate the memory of the restaurants and the opportunities they provided," write the curators. Inextricably woven in with the history of the city, these families' personal stories coincide with the story of Providence itself. 'Chow Mein, Chicken Wings and Cheese Burgers' puts that story on display.

'Chow Mein, Chicken Wings and Cheese Burgers: Revisiting Downcity Chinese Restaurants' is on display in the Chinatown Storefront Library, located at 640 Washington Street in downtown Boston.

Kyle Chayka is a Sampan correspondent.

Boston Connects and Mayor Menino cordially invite you to our closing event

Wednesday, January 13th, 2010

# Dream

## Celebrating the Journey



**Karen Holmes Ward**  
Mayor of Cambridge

UMass Boston  
Campus Center Ballroom  
100 Morrissey Boulevard  
Boston, MA 02125

6 pm - 10 pm

Cost is Free  
RSVP Required

To RSVP please visit  
[www.dreamboston.org](http://www.dreamboston.org)  
or call 617-918-4720

Gourmet Hot Dishes  
Live Performances \* Local Art  
Giveaways \* Gift Bags to Fit!! RSVP!



Dream Gala is an evening of celebration at the conclusion of the annual Dream program.  
This year's theme is "perpetually supporting our local economy". There will be some great raffles.

(接第五版 - I-751)

## 青年專欄

## 承諾

作者: Mabel Lee

Shania的手沿光滑的橋柱滑下來，她甚至能感覺到油漆的小裂紋。這是剛剛從橋柱剝落的油漆。幾分鐘後她深深地吸一口氣，擡起頭來感到莫名其妙。Shania從家裏出來就慢慢地跑，她不知道為什麼會跑到這裏來。這裏是波士頓通往劍橋鎮的橋，上面是閃閃發光的波士頓夜空。燦爛的燈光傲慢地往下照著，好像沒有人能勝過它，這是波士頓輝煌的光芒。然而，巨大而明亮的月亮懸掛在天際，彷彿又在反駁上面的論點。夜空中幾乎沒有星星。寬闊的查爾斯河展現在她面前，彷彿要吞沒整個波士頓。她凝視著查爾斯河，彷彿看到虛無的深淵。她看到她背後是明亮閃爍的西提戈(CITGO)三角標誌。

突然她從沈思中驚醒，環顧四周，發現有兩個人在接近她。一個是中年男子，穿著一件大號風衣，一臉嚴肅的表情。他的眼角起皺，像是一個專注於工作而很少對人微笑的人。另一個是20歲出頭的青年人，騎著自行車飛快地衝過來，嚇得她大叫一聲後退一步。接著他又迅速地從她的視野裏消失了。

Shania悄悄環顧一下四周，跑回橋頭。然後走三十二步半，找到她

要尋找的東西。她能聽到周圍汽車的快速移動，她甚至能聽到昨晚紅襪棒球隊比賽時球迷們的喊叫聲。她不管這些，注視著地面，她看到了水泥地上的兩個腳印。她微笑一下，然後又迅速收住笑容，突然站起來，跑回波士頓方向。她要忘記，忘記這一切。

她跑得很快。跑過散發著印度菜味道的Newbury街，她也聞到比薩餅的香味。雖然她很餓，很想吃點什麼。但她沒有停下來，繼續跑，她的腿已經跑到了極限。熱淚滾落下來，到了她的嘴唇，她嘗到了眼淚的鹹味。它提醒她他們已經埋葬了佛羅里達，那是她最喜歡的，生前與她日夜相伴的狗。那天，她無法控制自己的眼淚。她使勁地抽泣，直到哭干了眼淚。然而今天是不同的。淚水苦澀，充滿淒涼和遺棄。她努力告訴自己，這不是真的。然而，她的膝蓋在顫抖，她的嘴唇在抽動，直到她大叫一聲倒在地上。

她記得那一天，那是她最後一次跟他說話。他們即將分道揚鑣，分離使她流淚。他決定參軍，而她要留在波士頓。Shania覺得沒有了他是多麼孤獨。他是她的指路明燈，他離開後，她被吞沒在黑暗中，她幾乎沒有了光明。他們曾經承諾。他曾經承諾，他會為她回來，但3年過去了。他承諾的唯一證據就是在劍橋鎮橋水泥地上的腳印。它應當永遠刻在他們心中，但

承諾似乎很快消失了。她詛咒它，她詛咒可憎的腳印。她鄙視說謊的腳印，她曾經希望，承諾有一天會變成永久的標記，可是她知道，這不會變為現實。

周圍的路人開始注意她。他們不明白為什麼她突然尖叫着跌倒在地上。一位老太太試圖幫助她，但她堅持說沒有什麼事。幾分鐘後，她控制住自己的身體，很快擦干眼淚，她知道該怎麼辦。Shania跑到橋頭，站在以前的同一地點，把腳放進她18歲時屬於她的腳印裏。彎腰，Shania看到了差別，她的腳比18歲時的腳印又大了一些。她微笑著，她的嘴角微微地往上翹。突然，她歇斯底里地大笑，使身邊的行人都嚇了一跳。這一天Shania笑了很久，直到她笑不動，直到她笑出了熱淚。（陳公權譯）



夠證據。

婚姻破裂豁免要求外籍配偶與美國公民離婚並取得離婚判決書，此項要求給許多無法在申請截止期前完成離婚手續的條件式身份居民造成了諸多困難。

## 3. 極端虐待豁免

與婚姻破裂豁免一樣，極端虐待豁免同樣要求申請人證明其與美國公民婚姻的真實性。此外，申請人必須提供有效證據證明自身或子女受到美國配偶的極端虐待，此類證據通常包括由社工人員、心理醫師或其他專業人士提供的報告。

儘管移民民法並未給出極端虐待的詳細定義，規章中卻明確表示“遭受極端虐待包括但不限於作為暴力行為或暴力恐嚇的直接受害人。”其它符合極度殘酷定義的惡行也可以通過律師作為證據進行提交。

身體虐待的證據可能包括但不限於：由警察、法官、醫務人員、學校官員和社工人員提供的報告或宣誓書。

最後，儘管法律為條件式身份居民提供了聯合申請豁免，但每一項豁免的法律要求和證明標準都並不容易滿足。想要成功獲得豁免的最好的方法是早做準備并尋求資深移民律師的幫助。掌握專業知識和職業技能的移民律師能夠克服重重阻礙，并最終幫您取得永久居民身份。

(王巍 譯)

**South Cove Community Health Center**  
885 Washington Street, Boston, MA  
H1N1 public flu clinic: Saturday, 12/19/09 from 9am to 2 pm  
Only the following people are eligible to receive the vaccine.

**Who can receive the vaccine at this time?**

Because there are limited supplies of 2009 H1N1 flu vaccine, only individuals in the following groups will be offered vaccination at this time. As additional supplies of vaccine are made available from the federal government, it is our hope that everyone who seeks vaccination will be able to receive it. Thank you for your patience.

**1. Pregnant Women**

**WHY?** Because pregnant women are at higher risk of complications from the flu. The CDC recently reported that between April and November 2009, many pregnant women have been hospitalized with H1N1 flu and 28 have died. In addition, providing pregnant women vaccination can potentially provide protection to infants who cannot be vaccinated.

**2. Household contacts and caregivers for children younger than 6 months of age**

**WHY?** Because younger infants are at higher risk of flu-related complications and cannot be vaccinated because of their age. Vaccinating those in close contact to infants younger than 6 months of age might provide a zone of protection from the virus for these infants.

**3. Healthcare and emergency medical services personnel**

**WHY?** Because flu illness among healthcare workers and EMS responders can be a potential source of infection to their patients. Vaccination for this group of people can also help protect our health care system by keeping healthcare workers healthy and on the job.

**4. Young people from 6 months of age through 24 years of age**

**WHY?** Because a vast majority of cases of 2009 H1N1 flu have been found among young people in this age group. Thousands of young people have been hospitalized and as of early November 2009, more than 100 have died. This is very different than what is normally seen with "seasonal" flu, or the flu that we see every winter, which primarily affects older adults.

**5. People aged 25 through 64 who have health conditions that put them at risk for serious complications from the flu.**

**WHY?** Because people with serious health conditions, such as asthma, diabetes, heart disease, liver disease, kidney disease, and neurological conditions place them at high risk of getting seriously ill from the flu. A vaccination will help provide protection to this vulnerable group.

**華人醫務中心****麻州波士頓華盛頓街 885 號****H1N1 新流感預防注射：星期六，十二月十九日****上午九時至下午二時****疫苗注射服務對象僅限於以下民眾。****誰可以在這段時期接種疫苗？**

由於2009年甲型H1N1流感疫苗的供應量有限，因此在這段時期，只有以下群體中的個人可以優先接種疫苗。由於可以從聯邦政府獲得額外的疫苗，因此，我們希望每一個尋求接種疫苗的人都能如願以償。感謝您的耐心等待。

**1. 孕婦 為什麼？**

因為孕婦患流感併發症的風險更高。CDC（疾病預防控制中心）最近發佈報告指出，2009年4月至11月期間，已有大量的孕婦因甲型H1N1流感而住院治療，病例中死亡人數28人。此外，孕婦接種甲型H1N1流感疫苗可以對腹中不能接種疫苗的胎兒提供預防保護。

**2. 接觸及看護6月齡以下嬰兒的家人和照護者 為什麼？**

因為新生兒患流感相關併發症的風險更高，並且他們由於年齡的原因無法接種疫苗。為密切接觸6月齡以下嬰兒的人群接種疫苗，可以提供一個預防保護區，防止嬰兒受病毒的感染。

**3. 醫療人員與緊急醫護人員 為什麼？**

因為醫療人員與緊急醫護急救人員周圍的流感病毒可能是潛在的感染源，會感染到患者。為此類人群接種疫苗，確保醫療保健工作人員的健康和順利工作，從而保護我們的醫療保健系統正常運行。

**4. 從6月齡嬰兒到24歲的青少年人群 為什麼？**

因為2009年H1N1流感的絕大多數病例發生在此年齡段中的年輕人。成千上萬的青少年被送進醫院治療，截止到2009年11月初，病例中死亡人數已超過100人。這完全不同於常見的「季節性」流感，或每年冬季主要影響老年人的流感。

**5. 25至64歲並且因自身健康狀況而有患流感嚴重併發症的高風險人群。為什麼？**

因為這類人群本身有嚴重的健康問題，如哮喘，糖尿病，心臟病，肝病，腎衰竭，神經系統障礙等，因此他們患嚴重流感相關併發症的風險更高。接種流感疫苗可以為這些體弱者提供保護。

## 移民資訊

## 美國艾滋病患入境禁令取消

艾滋病患旅行禁令的取消是一項載入史冊的決定，根據最終法案的規定，隸屬於美國衛生福利部的美國疾病預防與控制中心將把“人類免疫缺陷病毒感染”(HIV)從傳染性疾病類中除去，同時也取消了對艾滋病患者入境的限制。在此之前，艾滋病被定義為傳染性疾病，其患者被禁止進入美國國境。

根據最終法案，外籍人士不會再因患有艾滋病而被禁止入境，同時他們也不再需要進行作為美國移民規定醫療檢查的一部分的艾滋病毒檢測。

## 新規定適用於哪些移民

1) 在美國以外的大使館或領事館申請簽證的外籍人士

2) 抵達美國的外籍人士

3) 根據美國國土安全部要求進行入境醫療檢查的外籍人士

4) 申請調整為永久合法居民身份的外籍人士

一個想要通過移民簽證或身份調整來取得永久合法居民身份的移民必須接受醫療檢查，來判斷你是否會因為健康問題而被拒絕申請。申請被接納為難民的外籍人士同樣需要在美國以外接受醫療檢查，此類醫療檢查會由美國國務院指派的醫療小組負責。

申請調整為永久合法居民身份的移民必須接受由美國移民局指派的醫生進行的醫療檢查。在此之前，患有艾滋病的移民除非獲得困難減免，否則是被禁止調整身份的。唯有那些有資格的美國親屬的申請人才可以申請困難減免。許多同性戀申請者，因為沒有符合資格的美國親屬而無法申請調整身份。新的規定將能幫助數千名患有艾滋病且不符合任何減免的申請人取得永久合法居民身份。(王巍譯)

## 移民問答

舢舨將把讀者有關移民的問題提供給波士頓移民律師Keith Pabian並將其答復刊登在每期舢舨上。讀者如有這方面問題，請發電子郵件給editor@samp.org

問：目前我在美國用B - 1商務訪問簽證。但我聽說有一個人在用B - 1簽證過境時遇到了困難。我應該擔心嗎？

答：這是一個很多人都遇到的問題，一個方面就是過境。持B - 1簽證的遊客只適合暫時來美國從事商務會議或做極其有限的商業事務的人。更具實質性的東西都需要有工作許可的簽證，例如H - 1B簽證，L簽證，E簽證或其他允許簽證持有人在美國工作的簽證。

我詢問我的客戶以下問題來決定他們是否需要一個工作簽證而不是B - 1簽證，包括誰在支付他們薪水，哪個國家是這項就業的受益方，此種是否對美國公民形成競爭，是否在員工和公司之間有一個合適的聯繫方式。

基本上，如果你用B - 1簽證在美國進行超過開展商務會談或尋找辦公

## I-751聯合申請豁免

與美國公民結婚不滿兩年的外國人需申請I-751以解除條件式居民身份。1986年制定的移民婚姻欺詐法案(IMFA)規定臨時綠卡的持有人必須在臨時綠卡到期前的90天內呈交I-751申請來解除條件式居民身份。

美國公民和外國配偶需要一起填寫並遞交I-751聯合申請。因特殊原因而無法滿足聯合申請條件的，IMFA將酌情給予豁免。1990年修訂後的移民婚姻欺詐法放寬了申請聯合申請豁免的要求。

以下情況可以申請聯合申請豁免：1 極端家庭困難；2 誠意結婚，但婚姻後來因離婚而終止；3 誠意結婚，但自身或子女遭受美籍配偶的虐待。如符合以上任一情況，外國配偶可單獨遞交I-751申請。

## 1. 極端困難豁免

根據美國移民國民法，條件式身份居民如能證明極端困難，將有資格獲得聯合申請豁免并去除條件式身份。極端困難可以針對條件式居民自身，其子女和未來配偶。條件式家庭困難豁免不要求使外國人獲得條件式居民身份的婚姻延續，外國人離婚後的再婚也不會成為申請極端困難豁免的阻礙。極端困難豁免主要考慮幾個方面，首先是對“極端困難”的定義，其次是極端困難發生的時間，最後是申請人能否證明誠意結婚。

至少有十種標準判斷驅逐出境是否會對申請人造成極端困難，包括：1. 年齡；2. 在美國和境外的家庭情況；3. 在美國居住的時間；4. 健康狀況；5. 申請人祖國的政治和經濟情況；6. 職業和工作技能；7. 移民歷史；8. 社會地位；9. 是否能對所在社區和國家提供特殊幫助；10. 是否有其它方式獲得永久居留權。律師們應儘量篩選出所有可能造成極端困難的因素，即使是一些次要的因素，累積起來也能產生巨大的作用。

## 2. 婚姻破裂豁免

如果條件式身份居民可以證明其與美國公民的婚姻是真實的，並且不是其過錯致使聯合申請的條件無法被滿足，那麼他/她將有資格獲得聯合申請豁免并去除條件式身份。婚姻破裂豁免要求申請人證明其婚姻的真實性，律師的工作是挑出可以證明婚姻真實性的文件以及如何最好地呈現某些文件。此外，美國移民國民法案明確規定任何可以證明婚姻真實性的有效證據都會被採納。婚姻破裂豁免的申請人有責任證明其與美國公民誠意結婚，申請人的律師必須為此提供足夠的證據。

(第六版續)

空間範圍的工作，您需要一個授權工作許可的美國簽證。我鼓勵大家與移民律師討論這件事。如果您沒有拿到授權簽證而在美國工作，你就有可能被剝奪在今後的移民福利，如獲得簽證，綠卡或美國公民資格。

Keith Pabian是Pabian & Russell, LLC公司的移民律師。如果您有安排協商或移民援助或諮詢的需要，請聯繫Pabian先生，電話(617) 951-3721，電子郵件kpabian@pabianrussell.com.。(孔璋林譯)

## 移民資訊

## 2010年1月移民排期表

親屬 移民 排期	全世界 (包括 港澳 台)	中國 大陸	印度	墨西哥	菲律賓
第一 優先	04年 04月 01日	04年 04月 01日	04年 04月 01日	92年 08月 15日	93年 12月 01日
第二 優先 2A	06年 01月 01日	03年 01月 01日	06年 01月 01日	04年 01月 01日	06年 01月 01日
第二 優先 2B	01年 12月 01日	01年 12月 01日	01年 12月 01日	92年 06月 08日	98年 07月 01日
第三 優先	01年 05月 22日	01年 05月 22日	01年 05月 22日	92年 09月 15日	91年 12月 01日
第四 優先	99年 10月 01日	99年 10月 01日	99年 10月 01日	95年 11月 12日	87年 05月 01日

## 親屬移民排期表

- 第一優先：美國公民的成年未婚子女
- 第二優先：2A永久居民的配偶及未成年子女
- 第二優先：2B永久居民成年子女
- 第三優先：公民的已婚子女
- 第四優先：公民的兄弟姐妹

職業 移民 排期	全世界 (包括港 澳台)	中國 大陸	印度	墨西哥	菲律賓
第一 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
第二 優先	現在 有名額	05年 05月 01日	05年 01月 22日	現在 有名額	現在 有名額
第三 優先	02年 06月 01日	02年 08月 01日	01年 06月 22日	02年 07月 01日	02年 08月 01日
非技術 勞工	01年 06月 01日	01年 06月 01日	01年 05月 01日	01年 06月 01日	01年 06月 01日
第四 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額
宗教 工作者	沒有 名額	沒有 名額	沒有 名額	沒有 名額	沒有 名額
第五 優先	現在 有名額	現在 有名額	現在 有名額	現在 有名額	現在 有名額

## 職業移民排期表

- 第一優先：傑出人才、研究人員教授
- 第二優先：2A永久居民的配偶及未成年子女跨國公司主管
- 第二優先：高等學位專業人才
- 第三優先：技術勞工及專業人士
- 第四優先：宗教工作者
- 第五優先：投資移民

## 移民問答

## 綠卡與居留

舢舨將把讀者有關移民的問題提給波士頓移民律師Keith Pabian並將其答復刊登在每期舢舨上。讀者如有這方面問題，請發電子郵件給editor@samp.org

我拿到綠卡成為美國合法永久居民已經很多年了。我剛剛發現我的綠卡即將到期。如果我不及時更新我的綠卡，我會在美國變成非法居留嗎？

答：當一個人的綠卡到期，他們仍然被認為是美國合法永久居民。只是卡本身被認為是過期。因此，當你的綠卡過期，您在美國仍然是合法的永久居民。

不過，我強烈建議您儘快申請一個新的綠卡。除了允許您進行國際旅行，綠卡也可以用來證明雇傭狀態。當您開始一個新的工作，或當你的綠卡到期時，雇主有責任要求你辦理新的有效的綠卡。因此，我強烈建議您聯繫一位移民律師以協助申請您的新綠卡。

問：我是美國合法永久居民，並拿到我的綠卡3年了。我目前居住在美國，但我被一個在香港的著名大學研究生院錄取。如果我在美國境外呆太長時間，我

會失去我的綠卡嗎？

答：不幸的是，許多人因為花太長時間在美國境外居住而失去了綠卡身份。當您收到美國合法永久居留權，您必須持續在美國居住而保留您的綠卡。如果你在任何時候有決心放棄在美國居住，政府將取消你的綠卡。這是無論你的綠卡已經拿到了30年或3個月。

為了防止自己喪失綠卡，不要在美國境外連續呆超過6個月，或在12個月內在美國以外比在美國國內呆更多的時間。

如果您會花大量的時間在美國境外，還是有辦法可以保護您自己和您的綠卡的。如果你由於工作、學習、或家庭緊急狀況需要花大量的時間在美國境外，我建議您考慮申請再入境簽證。移民律師可以幫助您瞭解再入境簽證的申請過程，和你是否有資格申請。

採取預防措施可以在您花大量的時間在美國境外時保護您，也有可能可以保護您的綠卡。畢竟您最不想要發生的就是在下次入境美國時被放入機場或海關的驅逐出境程式。

Keith Pabian是Pabian & Russell, LLC公司的移民律師。如果您有安排協商或移民援助或諮詢的需要，請聯繫Pabian先生，電話(617) 951-3721，電子郵件kpabian@pabianrussell.com.。(孔璋林譯)

(接第四版 - 流感)

(文章由塔夫茨醫學中心贊助)

## 粥、米飯等)

- 提供有特殊需求者使用的額外補充食品、藥物或設備
- 清潔用品 - 家用消毒液、紙巾、垃圾袋
- 家庭醫生的姓名及電話號碼



## 華埠新聞

## 華埠店面圖書館延長開放至明年1月17日



華埠社區聯盟召開12月每月例會。（徐凱俐攝）

**【本報徐凱俐報導】**華埠社區聯盟(The Chinatown Coalition)於12月10日週四上午在華埠社區中心召開每月例會，約二十五為來自華人社區團體的代表出席了會議，了解公民權利律師委員會(Lawyers Committee for Civil Right)、華埠店面圖書館及波士頓社區變遷中心等組織和計劃。

公民權利律師委員會的華裔訴訟律師朱明明表示，該會雖僅接受與種族歧視或原國籍歧視有關的案件，但是在此一框架下，一切相關個案諸如就業、就學等各種由於種族或原國籍導致的歧視案件都屬於受理範圍。公民權利律師委員會的工作範圍主要集中在麻州，該會與波士頓多家知名律師事務所合作，每月基本接到50至75個尋求幫助的電話，處理20至30個案件。該會還開設「經濟公正計劃」，為小型企業提供免費法律服務。明年1月或2月間，公民權利律師委員會將在華埠辦理一場研討會，講解擁有人小企業的基本法律知識等話題。

華埠店面圖書館的發起人萊絲麗與山姆·戴弗(Leslie & Sam Davol)夫婦也在會上報告了圖書館開館兩個月來的運行情況和未來計劃。山姆·戴弗表示截至12月9日晚，店面圖書館共有446為民眾登記辦理圖書證，其中亞裔佔83%，白人佔6%、非裔佔2%、西語裔佔1%。辦理人中女性居多，超過一半，但是從年齡分佈的角度來說，比較平均，其中比例最高的為46至60歲間的族群，佔18%，緊隨其後的是35至45歲年齡層和61歲以上的老年人，各佔17%，相對而言，年輕人佔的比重較少，13至24歲的青年總共只佔持卡者的10%還不到。店面圖書館雖然設於華埠，但其服務的人群基本覆蓋全麻州，體現了民眾對華埠圖書館的強烈需求。雖然臨時店面圖書館將延長開放至明年1月17日，但萊絲麗·戴弗明確表示，店面圖書館不會成為永久性圖書館。她說，店面圖書館的定位是臨時性圖書館，它的長期存在將有礙未來對永久性圖書館的宣傳和開發。

亞美社區發展中心(ACDC)張冬則隨後介紹了「社區改變中心」(Community Change Center)的成立與初步訪談發現。他表示，該中心有意製作一全中文網站，供欠缺英語能力的年輕人瀏覽，尋找合適的活動，掌握有用信息，而非因為語言問題浪費時間、荒廢學業和前途。

## 健康專欄

## 流感：您如何可以在家照護病人（之二）

## 如何照顧流感患者：

流感患者會覺得身體極度不適且非常疲倦。他們會覺得疼痛、發燒，甚至可能脫水。以下是幾個需要特別留意的徵兆和症狀，以及讓患者感到比較舒服的方式。

發燒是常見的流感症狀。患者可能會突然發燒，然後持續3到5天。

- 發燒是指體溫高於正常的溫度。體溫可以用體溫計來測量。

- 可以在以下部位測量體溫：

- 肛溫（臀部）
- 耳溫
- 口溫
- 腋溫

- 請向醫生請教可以使用的各種體溫計類型，以及您和家人最適合哪一種體溫計。

- 電子體溫計比玻璃體溫計安全許多。玻璃體溫計很容易碎裂，而且裡面的水銀是危險物質。

符合以下情況時，您應致電告知醫生發燒症狀：

## 年齡：

- 3個月以下
- 3個月至5歲大
- 5歲以上

## 體溫：

- 發燒至華氏100.4°（攝氏38°）以上；

- 發燒至華氏102°（攝氏38.9°）以上；

- 發燒至華氏104°（攝氏40°）以上；

- 任何年齡的人只要發燒超過3天，您也應致電醫生。

有多種方式可以退燒並讓患者比較舒服：

- 讓患者服用退燒藥，例如：
- 乙醯氨基酚(Tylenol®或商店品牌)
- 異丁苯乙酸(Advil®、Motrin®或商店品牌)

- 阿斯匹靈(Bayer®或商店品牌)
- 保持房間涼爽宜人。
- 確認發燒病人穿著輕薄舒適的衣物。
- 讓他們多補充流質，尤其是水。
- 如果發高燒，可以考慮用溫水擦拭患者身體。

在大部分的商店及藥房都可以買到這些藥品。

- 使用適合患者年齡的藥物。
- 請務必遵守標籤上的指示。

除非醫生建議，否則請勿讓18歲以下的兒童服用阿斯匹靈。這樣做可能會導致嚴重的疾病 - 雷爾氏綜合症。

醫生提醒我們不應使用酒精擦拭或洗冷水澡的方式降溫。酒精可能會透過皮膚吸收，並使兒童生病。冷水則可能導致患者發抖，並產生副作用使高燒惡化。

流失的水分多於攝取的水分時，就可能發生脫水現象。流汗甚至呼吸時都會流失水分。如果您攝取的水分不夠，或發燒、腹瀉或嘔吐時，都可能發生脫水現象。脫水可能是嚴重的問題 - 對幼童、老年人和部分疾病的患者來說尤其是如此。

## 脫水的常見症狀包括：

- 感到口渴
- 口乾舌燥
- 排尿量低於常態
- 排尿的顏色比平常深
- 頭暈
- 頭痛

## 若要預防脫水：

- 請攝取大量流質，如：
- 開水
- 蔬果汁
- 湯(雞湯)和肉湯
- 適合成人的Gatorade®(或商店品牌)
- 適合兒童的Pedialyte®(或商店品牌)
- 不要飲用含咖啡因或酒精的飲料。
- 將患者喜歡的飲品放在近處，讓他們經常可以小啜幾口。
- 繼續餵襁褓中的幼兒母乳

身體疼痛也是流感的症狀。流感患者感到虛弱、疲倦和疼痛都是正常現象。頭痛、喉嚨痛、乾咳或鼻塞也很常見。

若要減緩患者身體的疼痛、頭痛及疲倦，您可以：

- 讓他們服藥。退燒藥也有助緩解其他症狀。
- 患者清醒時，協助他們改變臥床的姿勢。
- 協助他們下床，在房裡散散步(每天僅2或3次)。
- 確保環境安寧且平靜，讓他們放鬆休養。

若要減緩患者鼻塞、喉嚨痛及乾咳的症狀，您可以：

- 利用乾淨的冷型加濕器或熱水淋浴或盆浴的蒸汽。這樣做可以幫助鼻

- 腔及喉嚨保持濕潤。
- 請癮君子不要在屋內吸煙。
- 無法透過鼻腔順利呼吸者可以使用呼吸貼布。請務必遵守包裝上的指示。
- 在鼻腔內使用鹽水噴灑劑或鹽水沖洗劑。只有大孩子和成人可以使用此方式。
- 請患者坐起來或保持仰頭姿勢，以減緩鼻塞。也可以把嬰兒床墊和兒童床稍微抬高一點。
- 一天當中用鹽水漱口數次，有助減緩喉嚨痛或咳嗽。製作鹽水時，請在8盎司的水中加入½茶匙的鹽。

如果患者出現以下情況請致電醫生：

- 發燒持續3天以上
- 退燒或停止咳嗽24小時(或以上)後，症狀又復發
- 發燒伴隨以下症狀：
- 頸部僵硬
- 劇烈頭痛
- 嚴重喉嚨痛
- 耳朵痛
- 疹子
- 尿量減少或顏色變深
- 咳嗽時伴隨著綠色、棕色，或含有血絲的黏液
- 劇烈嘔吐或長時間嘔吐
- 喝水或拿起水瓶有困難
- 脾氣暴躁或嗜睡(嬰幼兒)
- 任何其他不尋常的症狀或令人擔心的狀況
- 一週後症狀都沒有改善

如果患者出現以下症狀，請撥打911要求緊急援助：

- 呼吸困難 - 呼吸急促、困難或疼痛
- 胸痛
- 意識不清或無法認清周遭環境
- 無法喚醒
- 言語有異狀，或以您無法瞭解的方式說話
- 無法行走或坐起
- 皮膚變成青色或灰色
- 痙攣(無法控制的抽搐或抖動)

## 生病前如何準備：

準備流感照顧工具包，放入一旦生病時所需的用品。

在家中存放下列用品，以備流感患者使用。在您自己或親朋好友染上流感前，先準備好這些用品。如果有人生病了，可能沒有時間或餘力去店裡購買所需用品。

- 電子體溫計
- 非阿斯匹靈藥物，如：
- 乙醯氨基酚(Tylenol®或商店品牌)
- 異丁苯乙酸(Advil®、Motrin®或商店品牌等)
- 飲品 - 例如水、果汁、湯和運動飲料
- 肥皂和含酒精成分的洗手膠
- 易消化的食物(餅乾、燕麥)

(第五版續)

## 華埠新聞

## 國際青年之家入華埠



華埠治安委員會12月月會。(徐凱俐攝)

【本報記者徐凱俐報導】華埠治安委員會每月例會12月2日上午假波士頓華埠雙樹酒店召開，與會者聽取了國際青年之家(Hostelling International Boston)遷入華埠計劃，了解上月區域內犯罪率，各組織代表也通報了將舉行的各種活動。

原設址芬威地區Hemenway街12號的波士頓國際青年之家因需求增加而準備入駐其華埠新址。該組織選定雅特街(Stuart Street)25號為其新址，計劃再過大約兩年正式開始營業。據介紹，該青年旅社管理良好，波士頓警察部門證實，從未收到過任何一份對該機構芬威旅社的舉報。

國際青年之家行政主任黛博拉·魯何(Deborah Ruhe)與其管理團隊在華埠治安會議上介紹了其組織及入華埠案，爭取社區支持。據她介紹，國際青年之家在波士頓每年吸引差不多3萬人，平均每天為208位客人提供可負擔臨時短期住房。隨著業務的擴大和國內外需求的增加，其新樓設計將備有375個床鋪，每年服務4.5萬名客人。資料顯示，投宿國際青年之家的旅客來自各年齡階層，但以青年為主，他們來自85個國家，約六成為國際旅客，來自英國、德國和澳大利亞的遊客所占比例更多，但不容忽視的是，

如今宿於國際青年之家的人中有越來越多的人來自中國和韓國等亞洲國家。

魯何表示，按照往年經歷，國際青年之家對所在社區的貢獻，尤其是經濟貢獻，頗為引人註目。整年全天候開放的該青年旅社無疑將為華埠內的商鋪帶來無限商機，其眾多的住客將在飲食、購物或其他方面消費，助力華埠經濟。另外，魯何也明確表示青年旅社一定會為華埠居民創造更多的就業機會。

參加例會的各屆人士大都對國際青年之家入駐華埠表示支持，尤其該組織良好的歷史紀錄、對未來華埠經濟的驅動以及隨其而來的無數工作崗位，更使支持其遷入華埠的計劃有據可依。

隨後，波士頓警察局A1分局局長歐羅克(Bernard O'Rourke)報告了華埠地區11月的治安狀況。他表示，上月華埠共發生28件罪案，較去年同期增加4件。其中盜竊罪最多，共17起，搶劫和入屋盜竊均為4起，盜車、性罪案和襲擊案各一起。今年華埠整體治安情況優於去年，截止到11月，今年的案件總數同比去年少38件。

王氏青年會執行部經理Karen Gately在會末告知，青年會將提供免費成人游泳課，只要在本月18日之前成為其新會員，就能免費加入

1月及2月開展的成人游泳課系列或其游泳俱樂部。

(接反面第一版  
中餐館)

伍其暖表示，過去中餐館為吸引客人，甚至還在飯店售賣雞翅及漢堡等美式飲食成分，滿足美國人的口味需求，夾縫中求生存。

參觀者李吉表示，她非常喜歡此場以中餐為背景的展覽會，因為從事中美文化交流工作的她覺得透過食文化可以激發更多人對學習漢語和漢文化興趣和理解。

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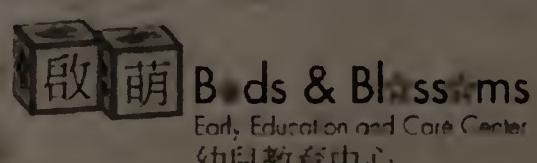
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## 海外公告

宋晃與畢興夫妻是廣州市越秀區文德路158之1號2樓房屋的共有人；兩人婚後無生育子女，分別於1950年和1959年收養侄子宋厚發和宋厚才兩人為養子；兩人父母均先於其死亡，二人與養子宋厚發全家(即包括宋厚發妻子駱碧兒、兒子宋良昌和宋良炳)於1975年均在柬埔寨死於波爾布特戰亂；現宋厚才以宋晃與畢興遺產的唯一繼承人身份向廣州市公證處申辦繼承手續。

對上述事實有異議者，請見報後即與廣州市公證處陳先生聯繫，地址：廣州市倉邊路42號，電話：020-83178913

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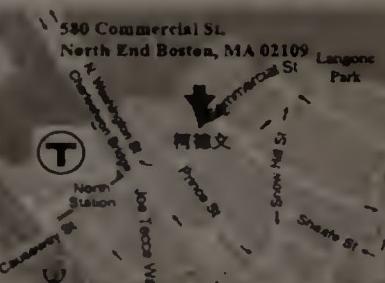
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如需獲取更多詳細訊息，請與昆士醫療中心亞裔服務部聯繫，電話：(617) 376-5493。

### · 聖誕滑雪

勒星頓中校將於12月25至27日(週五至週日)在Loon Mountain舉行三天兩夜，夜宿Indian Head Resort。晚上有與聖誕老公公合照、聖誕夜晚會、才藝表演晚會、卡拉OK、遊戲、麻將賽、抽獎等活動。報名副校長張維均：978-886-3266，[v\\_principal@lcs-chinese.org](mailto:v_principal@lcs-chinese.org)。網站<http://lcs-chinese.org>。

### · 海外華裔青年語文研習班

中華民國僑務委員會主辦的2010年「海外華裔青年語文研習班」，即日起接受報名。14至24歲的海外青少年及青年可參加「暑期青年或青少年語文研習班」。研習時間為7月6日至8月16日。凡目前居住海外，身心健康、學行良好、有高度學習華語文意願，並能適應團體生活之華裔青少年均可報名參加。

有關活動詳細內容與申請表格，可上僑委會網站下載：[www.ocac.gov.tw](http://www.ocac.gov.tw)華裔青年活動專區。名額有限，聯絡可洽波士頓華僑文教服務中心(617) 965-8801。

### · 賭友互助會

下一次的賭友互助會將於1月4日(週一)下午12-1點，在聖詹姆斯教堂地下室舉行(125 Harrison Ave., Boston)，討論如何幫助嗜賭者，絕對保密。聯絡黃千姬：857-383-3563。  
(<http://www.dajiyuan.com>)

### · 紅藍卡持有人注意事項

聯邦醫療保險之年度選擇時段(Annual Election Period)又再到臨，在11月15日至12月31日期間，你可以自由轉換你的C部分Medicare Advantage保險計劃及D部分處方藥物保險計劃，並於明年1月1日生效。

同時擁有白卡人士請特別留意，你或會收到由聯邦醫療保險及醫療補助服務中心(CMS)寄出的一封藍色或棕色的通知信，內容是關於你的D部分保險計劃之改變。

如有疑問，請致電中華耆英會各中心，查詢電話617-357-0226分機233。你亦可聯絡你的醫藥保險公司，或致電聯邦醫療保險及醫療補助服務中心，免費熱線1-800-633-4227，網站[www.medicare.gov](http://www.medicare.gov)

本文由中華耆英會之老人醫療保險諮詢服務計劃提供。

### · 中醫養生課

由美中文化交流中心主辦，中國北京海澱教師進修學院附屬學校和美國波士頓劍橋中國文化中心協辦的「中美華文教育交流中心遠端培訓課程」2009年秋季班第四講，將於本月19日(周六)晚間7時30分至9時30分，在劍橋中國文化中心(411 Waverley Oaks Rd., Suite 214, Waltham MA 02452)舉行，著名中醫學家樊正倫將主講「中醫文化與養生」。費用10元，查詢可洽(781) 788-8558。

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## 華埠新聞

## 亞美社區發展協會慶成立22周年



亞美社區發展協會22周年年度會議及晚宴隆重召開。左起：曹育倫、莫特利、歐查德、迪馬可、鄒子楓、道尼、鄧覽及三喜一史。（徐凱俐攝）

**【本報記者徐凱俐報導】**約150多名嘉賓參加了12月1日在喜臨門酒店隆重召開的亞美社區發展協會22周年年度會議及晚宴，與該協會同慶其成立22周年，回顧本年工作成果，表揚對社區服務工作有貢獻的協會人士。

亞美社區發展協會董事會主席曹育倫表示2009年是極具挑戰性的一年，但亞美社區發展協會依然在

這一年間取得了多項成就。

亞美社區發展協會代理行政主任杜妮(Dharmena Downey)表示，協會有一幫完全投入於工作的優秀員工，因此無論面對多麼巨大的挑戰，亞美社區發展協會都將克服萬難，達成既定目標。

晚宴上，受表揚的五名優秀員工分別為Danny Lui、三喜一史(Kazufumi Miki)、鄒子楓、鄧

覽和迪馬可(Roberto Di Marco)。Danny Lui由於身體抱恙，遺憾缺席當日的頒獎典禮。

晚宴主講人馬薩諸塞大學波士頓分校校長莫特雷(Keith Motley)表示，亞美協會服務波士頓亞裔社區的歷史悠久，為華埠的發展和重振高線卓越。

年會現場另設有無聲拍賣活動，拍賣物品包括高質量地毯、滑雪一日遊雙人票和新英格蘭愛國者橄欖球隊球員簽名照片等，頗為誘人。

為滿足大波士頓地區美籍亞裔群體的需求，多位亞裔社會活動家和慈善家在1987年成立了亞美社區發展協會。盡管該協會多數工作均集中在唐人街範圍內，但是隨著社區發展和變遷，亞美社區發展協會的項目正在不斷地擴展到大波士頓地區更多樣化的社區當中為其居民服務。亞美社區發展協會旨在以社區為基礎，致力於為大波士頓亞裔社區提供高標準、高質量的服務。協會積極開發社區的有形資產，包括供出租和出售的平價住房、促進經濟發展、培養領導人才等，從而充實社區實力，為社區爭取權益。

亞美社區發展協會通過推廣一

套獨特的發展模式脫穎而出，該發展模式就是發展包含高比例可負擔性住房的混合收入和綜合用途的房地產物業。到目前為止，亞美所發展的房屋已經為超過800位住戶，或300戶家庭，提供了住房。

盡管經濟大環境不佳，亞美協會的房地產發展團隊依然活躍在可負擔平價住房發展工作的前沿，並在這一年中邁過了幾個重要階段。2009年處於亞美協會5年策略發展方案的中段，此案建立於可持續性運營模式基礎上，以滿足大波士頓地區可負擔性平價住房的需要。

亞美協會成功地把大型綜合收入型發展計劃多元化，在一系列籌備中發展項目包括其第一個在中國城以外的計劃：昆士福特街6號。此計劃為一34個出租家庭住房單元，該計劃不僅位於交通便利的市中心，而且重新利用一處閒置已久的舊商業建築。該計劃依照新的昆士中心規劃區區域的設計指導原則，與周圍風格小型化的商業及民居風格相吻合。與此同時，24號地段發展計劃也在繼續向前邁進。該計劃將提供325個屋主和出租單元，其爭取一般達到可負擔平價的目標非同尋常。

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